

Mary Ellen Dietary Menu



PLEASE SEE FULL MENU FOR MORE DETAIL ABOUT EACH ITEM

DAIRY FREE

Bruschetta (on Turkish bread without feta)	\$11
Bowl of Chips	\$6
Bowl of Wedges (without sour cream)	\$12
Oysters:	
Natural	Half Dozen \$20 Dozen \$30
Kilpatrick or Vietnamese Glaze	Half Dozen \$23 Dozen \$34
6 Hour Braised Beef Cheek (chats/chips instead of mash, no garlic puff)	\$32
Oven Roasted Pork Cutlet (chats/chips instead of potato gratin)	\$34
Pan Fried Salmon (no butter)	\$34
Whole Roast Baby Barramundi (no butter, with chips & salad or chats & veg)	\$36
Poke bowl (Southern Spiced Chicken OR 6 Hour Slow Cooked Beef Brisket)	\$25
Chorizo & Mushroom Risotto (no goats cheese)	\$25
Creamy Prawn Fettuccine (no cream)	\$29
Southern Spiced Chicken Burger (on Turkish bread without cheese)	\$19
Mary Ellen Beef Burger (on Turkish bread without cheese)	\$19
Mary Ellen Veggie Burger (on Turkish bread without cheese)	\$19
6 Hour Slow Cooked Brisket Burger (on Turkish bread without cheese)	\$21
6 Hour Slow Cooked Brisket 350g (choose 2 dairy free sides)	\$30
Rump Steak 250g (choose 2 dairy free sides)	\$30
Sirloin Steak 300g (choose 2 dairy free sides)	\$35
USA Style Pork Ribs 600g (choose 2 dairy free sides)	\$40
Grilled Chicken Breast Schnitzel (choose 2 dairy free sides)	\$20

Dairy free sauces & toppers:

Gravy	\$3
Pepper	\$3
Parmigiana (without cheese - napolitana & ham)	\$5
ABC (without cheese - avocado & bacon)	\$5
Hawaiian (without cheese - napolitana, ham & pineapple)	\$5
BBQ Ribs (pork ribs & smokey bbq sauce)	\$8

Dairy free sides:

Chips
Chat potatoes
Salad
Vegetables

VEGAN

Bruschetta (on Turkish bread without feta)	\$11
Bowl of Chips	\$6
Bowl of Wedges (without sour cream)	\$12
Chorizo & Mushroom Risotto (without chorizo or goats cheese)	\$25
Mary Ellen Veggie Burger (on Turkish bread without cheese)	\$19
Vegan Schnitzel (choose 2 vegan sides)	\$20

Vegan sauces:

Gravy	\$3
Pepper	\$3

Vegan sides:

Chips
Chat potatoes
Salad
Vegetables

GLUTEN FREE

Beef Nachos	\$18
Oysters:	
Natural	Half Dozen \$20 Dozen \$30
Kilpatrick	Half Dozen \$23 Dozen \$34
Caesar Salad (without croutons)	\$18
6 Hour Braised Beef Cheek (without garlic puff)	\$32
Oven Roasted Pork Cutlet	\$3
Pan Fried Salmon	\$34
Whole Roast Baby Barramundi (chats instead of croquette, no croutons in salad)	\$36
Poke bowl (with Pan Fried Haloumi OR Southern Spiced Chicken)	\$25
Chorizo & Mushroom Risotto	\$25
Rump Steak 250g (choose 2 gluten free sides)	\$30
Sirloin Steak 300g (choose 2 gluten free sides)	\$35
Grilled Chicken Breast (choose 2 gluten free sides)	\$20

Gluten free sauces & toppers:

Creamy seeded mustard Chimichurri	\$3
Mary Ellen (creamy cheese, bacon & shallot)	\$5
Rio (avocado & creamy seeded mustard)	\$5
Parmigiana (napolitana, ham & cheese)	\$5
ABC (avocado, bacon & cheese)	\$5
Hawaiian (napolitana, ham, pineapple & cheese)	\$5
Mexicana (beef mince, frijoles, corn chips, cheese, sour cream & sweet chilli)	\$8

Gluten free sides:

Mashed potato
Baked chat potatoes
Salad
Vegetables

VEGETARIAN

Garlic Bread add cheese - \$1 add cheese & sweet chilli - \$1	\$6
Bruschetta	\$11
Bowl of Chips	\$6
Bowl of Wedges	\$12
Pan Fried Haloumi Tacos (3 soft)	\$14
Caesar Salad (without bacon)	\$18
Poke bowl (with Pan Fried Haloumi)	\$25
Chicken & Cashew Pesto Fettuccine (without chicken)	\$25
Chorizo & Mushroom Risotto (without chorizo)	\$25
Mary Ellen Veggie Burger	\$19
Vegetable Schnitzel	\$20
Vegan Schnitzel	\$20

Vegetarian sauces & toppers:

Gravy Mushroom Diane	\$3
Pepper Creamy Seeded Mustard Chimichurri	\$3
Rio (avocado & creamy seeded mustard)	\$5
Parmigiana (without ham - napolitana & cheese)	\$5
ABC (without bacon - avocado & cheese)	\$5
Hawaiian (without ham - napolitana, pineapple & cheese)	\$5
Mexicana (without beef mince - frijoles, corn chips, cheese, sour cream & sweet chilli)	\$8

Vegetarian sides:

Chips
Chat potatoes
Mash
Salad
Vegetables